



Long Term Care NEWSLETTER

Indiana State Department of Health

ISDH Long Term Care Newsletter
Issue # 08-05
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From the Alzheimer's Association: Save the Date for the Alzheimer's Association's Family Conference

Keeping the Connections

Friday, May 16, 2008
Indianapolis

Keynote Speaker: David Troxell, MPH

David Troxell has become nationally and internationally known for his writing and teaching in the fields of Alzheimer's disease and long term care. He has co-authored four influential books (most notably, *The Best Friends Approach to Alzheimer's Care*) as well as numerous articles relating to Alzheimer's disease care and staff development and training.

Complete conference details will be posted on www.alz.org/indiana in March.

Cardiopulmonary Resuscitation (CPR) Policy

In 2007, the ISDH was requested to review the survey process for CPR issues. The question surrounded the surveying of situations where there are no advance directives. In cases where there are no advance directives, the facility was required to administer CPR upon discovery of a resident in arrest. Some individuals and groups supported this procedure because to do otherwise might suggest that a nurse is making a medical decision contrary to the nurse practice standards or increase liability of the facility by failing to initiate appropriate medical care. Other individuals and groups were concerned that the procedure resulted in the facility having to perform CPR on an obviously deceased individual. This was perceived as a lack of respect to a deceased individual.

The ISDH has worked with provider organizations and patient interest organizations on this issue. There is currently pending legislation on this issue in the Indiana General Assembly. That legislation is House Bill 1172 sponsored by Representative Welch.

Some facilities desired to keep the procedure as is to initiate CPR in all situations where a resident is discovered in arrest. Other facilities wanted more latitude to apply their facility's standards. Because there are differing perspectives on this issue, the ISDH has worked to develop a survey procedure that respects the various beliefs. Attached please find a new survey policy and procedure titled [Determining compliance/noncompliance regarding the administration of cardiopulmonary resuscitation \(CPR\) in a long term care facility](#). The policy was effective February 14, 2008.

The policy essentially allows a facility to develop a reasonable facility policy regarding the administration of CPR. The survey standard will be that the facility must follow their facility policy. If the facility does not have a policy and the

resident does not have a do not resuscitate order, then the facility is expected to perform CPR until CPR is deemed not necessary by a physician.

If you have any questions about this policy and procedure, please contact Debbie Beers, Division of Long Term Care, (317) 233-7067, dbeers@isdh.in.gov.

CNA & QMA Instructor Training

Program Director and Instructor courses for both the Certified Nurse Aide Program and Qualified Medication Aide Program are scheduled for the following dates. Both courses are conducted by Indiana University School of Nursing Continuing Education department.

-Nurse Aide Program Director & Instructor Training Program April 29 – 30, 2008

Information is available at: http://nursing.iupui.edu/continuing/nurse_aide/index.shtml

-QMA Instructor Course: May 7, 2008

Information is available at: <http://nursing.iupui.edu/continuing/qma/index.shtml>

If you have any questions please contact Nancy Adams, R.N. nadams@isdh.in.gov or Nancy Gilbert, ngilbert@isdh.in.gov.

Life Safety Code

Jim Merrill from CMS Central Office sent out a reminder in December that CMS is still using only the 2000 Edition of the Life Safety Code for Federal Life Safety Code Surveys and its referenced documents. There is a complete list of referenced documents in Chapter 2 of the 2000 Edition. Examples of what is on the list in Chapter 2 include the 1999 edition of NFPA 72, National Fire Alarm Code; the 1999 edition of NFPA 99, Standard for Health Care Facilities; and the 1998 edition of NFPA 96, Standard for Ventilation Control and Fire Protection of Commercial Cooking Operations.

There is one exception to the 2000 edition of the Life Safety Code. The exception is the use of the 2001 edition of NFPA 101A, Guide on Alternative Approaches to Life Safety that uses the 2000 edition of the Life Safety Code for its basis.

CMS has not authorized the use of any other edition of the Life Safety Code or referenced documents. If CMS makes any changes to code editions, it is through the normal regulations adoption process. CMS does not have anything on the table at this time to change to a later edition of the Life Safety Code.

LTC Leadership Conference

The 3rd Indiana State Department of Health Long Term Care Leadership Conference is scheduled for March 18, 2008. The conference will be from 8:30 – 4:00 at the Indiana Convention Center in downtown Indianapolis. We are inviting each comprehensive care long term care facility to send two people. Representatives from healthcare organizations and ISDH long term care surveyors will also be attending the conference.

The focus will be on behavior management and the reduction of restraints. Speakers for the day include the following individuals:

- Beryl Goldman, Ph.D., RN, NHA is Director of Outreach for Kendal Outreach, LLC, and Director of the Pennsylvania Restraint Reduction Initiative. Her topic will be "A Restraint Free Future".
- Joanne Rader, RN, MN, FAAN is an independent consultant and Associate Professor of Gerontological and Mental Health Nursing at the Oregon Health & Science University School of Nursing. Her topic will be "Creating a Restraint Free Environment".
- Gerald H. Roesener, RPH, is President of the Indiana Academy of Long Term Care Pharmacists and works for Cornerstone Pharmacy Services and John Wernert, MD is a past President of the Indianapolis Medical Society and practices Geriatric Psychiatry in central Indiana. Their topic will be "Managing a Resident Drug Therapy and Behavior".

More information on this conference has been mailed and is available on our website. For electronic registration you may go to <http://www.in.gov/isdh/about/events.html>.

QMA Reminder

All QMA certifications will expire on March 31, 2008.

Please be aware that no QMA renewal will be completed until the Qualified Medication Aide Record of Annual Inservice Training form has been reviewed and approved by ISDH.

Online Renewal:

- Renew at <http://www.in.gov/pla/express/>. The QMA must have their login ID (from the renewal notice) and password (social security number without dashes).
- Pay renewal fee of \$10.00 using Visa, MasterCard or Discover credit or debit card. (There is an additional fee of \$3.77 for renewing online).
- Mail the completed Qualified Medication Aide Record of Annual Inservice Training form to:

Indiana State Department of Health
2 N. Meridian Street – Section 4B Training Dept.
Indianapolis, IN 46204

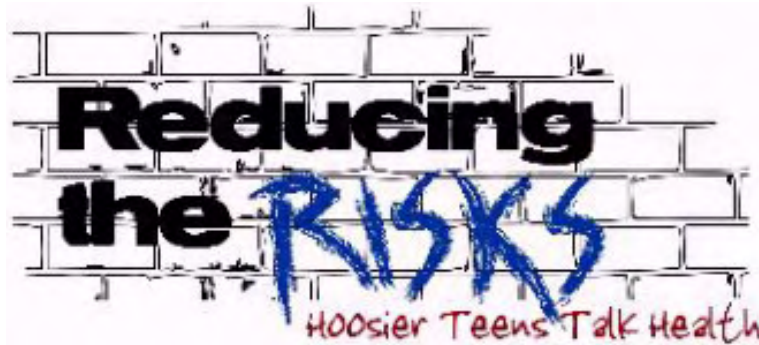
Mail Renewal:

- Mail renewal fee of \$10.00 (check or money order).
- Include Completed Qualified Medication Aide Record of Annual Inservice Training form.

Indiana State Department of Health
Cashier's Office
Post Office Box 7236
Indianapolis, IN 46207-7236

Submit questions to: aides@isdh.in.gov or contact Nancy Gilbert (317-233-7616) ngilbert@isdh.in.gov or Nancy Adams (317-233-7480) nadams@isdh.in.gov.

ISDH Youth Summit



The ISDH periodically conducts events designed to promote the health of Hoosiers. This summit is not a "long term care" event. It is intended solely for high school age students rather than adults. The ISDH would like however to make you aware of this event and invite youth in your area to attend. The following is the press release on this summit.

INDIANAPOLIS---On Thursday, March 13 the Indiana State Department of Health will host "Reducing the Risks: Hoosier Teens Talk Health," a free event aimed at engaging high-school age youth in a discussion about adolescent health issues in Indiana. The youth health summit will be held at the Indiana Convention Center in downtown Indianapolis from 9:00 a.m. to 4:30 p.m. (EST).

"Adopting healthier behaviors early in life is essential," says State Health Commissioner Judy Monroe, M.D. "That's why we have made a commitment to get Indiana's youth involved in addressing negative health behaviors like smoking, drinking, eating an unhealthy diet, or being inactive. With the help of Hoosier teens, I am confident we can make significant changes for the better in the health and welfare of adolescents in our state."

According to the 2007 Youth Risk Behavior Survey, Indiana has seen some positive changes in the habits of young people in recent years, but other data show youth are engaging in behaviors that could result in injury or illness. The 2007 YRBS data showed about students in grades 9 to 12:

- 7.2 percent attempted suicide in the past 12 months;
- 13.8 percent were overweight;
- 18.2 percent of students reported eating fruits and vegetables five or more times per day each week, an increase from 15.5 percent in 2005;
- 18.9 percent used marijuana during the past 30 days;
- 20.9 percent carried a weapon during the last 30 days;
- 28.7 percent of students watched three or more hours per day of TV on an average school day, a decrease from 32.9 percent in 2003;
- 43.7 percent of students were physically active for a total of at least 60 minutes per day on 5 or more days of the week, an increase from 32.2 percent in 2005;
- 43.9 percent drank alcohol during the past 30 days;
- 49.1 percent ever had sexual intercourse; and

- 53.3 percent of students reporting ever trying cigarette smoking, a decrease from 60.4 percent in 2003

To address these and other serious adolescent health issues, the Indiana State Department of Health is partnering with the Department of Education to bring teenagers together from around the state to attend an all-day conference on youth health behaviors. Breakout session topics include alcohol, drug use, healthy relationships, injury, nutrition, physical activity, tobacco, and violence. Featured speakers will be Rupert Boneham from the CBS show "Survivor" and Tasha Jones, educator and poet, who is best known for her "Hello Beautiful" movement to empower disadvantaged young people.

As the lead sponsor of this statewide conference on adolescent health, Peyton Manning Children's Hospital at St. Vincent is "committed to working with the Indiana State Department of Health and its partners to protect Indiana's youth from serious illnesses, injuries, and deaths," says Joanne Hilden, M.D., vice president of Medical Affairs. "We need to hear from teens on how to prevent risky health behaviors, which is why we are proud to sponsor this statewide conference on adolescent health."

Teens are invited to register for the free youth health summit at: www.statehealth.in.gov by clicking on the link under the Reducing the Risks logo.



That is all for this week. Best wishes for the coming week.

Terry Whitson
Assistant Commissioner
Indiana State Department of Health